



West Wales is **'Recognising and supporting carers in the community'** this Carers Week (5–11 June 2023)

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This Carers Week, we want communities to come together to recognise the huge contribution unpaid carers make to society. We all have a role to play in recognising and supporting carers in the community, whether it's by providing support to a member of your local community group or connecting with a family member or friend who is caring for someone.

You can find out more about Carers Week and how to get involved at www.carersweek.org

If you live in Pembrokeshire and recognise yourself as an unpaid carer, or know someone who does, there is support available:

- Young Carers Service delivered by Action for Children – 01437 761 330
- Pembrokeshire Carers Information and Support Service (PCISS) delivered by Adferiad - 01437 611002 / PCISS@adferiad.org

What is happening in Pembrokeshire for Carers?

To acknowledge the contribution and value of carers, Carers Week is being celebrated in Pembrokeshire by a range of organisations. Adferiad (PCISS), Action for Children, PAVS, Pembrokeshire County Council, Hywel Dda University Health Board and others are putting on a range of free activities across the county for carers which include:

This information is also available online at www.carerssupportwestwales.org

- Pembrokeshire Carers Information & Support Service (PCISS) is inviting Carers to Scolton Manor for a day of wellbeing activities and support.
- Workways+ are offering free coffee/tea and cake for carers at their 3 cafes when Carers or Young Carers present their Carers Recognition card.

To apply for a Carers Recognition card contact:

Young Carers Card - Contact Action for Children Telephone 01437 761330 or online

www.afcwestwales.co.uk/idcard

Adult Carers Recognition Card - Contact Pembrokeshire Carers Information & Support Service Telephone: 01437

611002 email: pciss@adferiad.org

- Pembrokeshire County Council is promoting their offer of free parking all year round for Carers at Scolton Manor, when Carers and Young Carers present at the Station Shop with their Carers Recognition card
- The Pembrokeshire Community Hub and Carers Support West Wales, the new website for unpaid Carers in West Wales, will be at Scolton Manor on 7th June, along with many other organisations who support unpaid Carers.
- The Pembrokeshire Community Hub and Community Connectors (PAVS) will be in Haverfordwest town centre during Carers Week with information about what's on in the community, as well as digital support to help Carers to get online.
- Action for Children's Pembrokeshire Young Carers service will be in Scolton Manor and Haverfordwest town centre with information during Carers Week, as well as holding their usual groups.
- Hywel Dda UHB Investors in Carers team are organising an information support stand in Withybush General Hospital foyer.
- Pembrokeshire's Dementia Supportive Communities project has it's usual weekly calendar of events available to support people living with dementia and their Carers. Contact cherry.evans@pavs.org.uk for full details.
- Workways+ will be offering Carers a free hot drink and cake in their 3 cafes across Pembrokeshire.

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Here are the details of some of the activities taking place

Monday 5 th June	Tuesday 6 th June	Wednesday 7 th June	Thursday 8 th June	Friday 9 th June
<p>Meet the Pembrokeshire Community Hub/PAVS Community Connectors Castle Square, Haverfordwest. Contact enquiries@pembrokeshirecommunityhub.org Tel. 01437 723660.</p>	<p>Meet the Pembrokeshire Community Hub/PAVS Community Connectors Castle Square, Haverfordwest. Contact enquiries@pembrokeshirecommunityhub.org Tel. 01437 723660.</p>	<p>Wellbeing activities and support for Carers at Scolton Manor with PCISS and partners including Pembrokeshire Young Carers 10.30am – 4.00pm For free parking at the event, please show your Carers Recognition Card at the shop and collect your Scolton Manor annual parking pass. For enquiries contact PCISS 01437 611002</p>	<p>Meet the Pembrokeshire Community Hub/PAVS Community Connectors Castle Square, Haverfordwest. Contact enquiries@pembrokeshirecommunityhub.org Tel. 01437 723660.</p>	<p>Meet the Pembrokeshire Community Hub/PAVS Community Connectors Outside Café Cyfle, Haverfordwest. Contact enquiries@pembrokeshirecommunityhub.org Tel. 01437 723660.</p>
<p>Free hot drink & cake for Carers at Workways+ cafes - The Meads Leisure Centre, Milford Haven; Café No.5, Haverfordwest and Edie's tearoom, Scolton Manor – when Carers or</p>	<p>Free hot drink & cake for Carers at Workways+ cafes - The Meads Leisure Centre, Milford Haven; Café No.5, Haverfordwest and Edie's tearoom, Scolton Manor – when Carers or</p>	<p>Information stand and mobile military museum with VC Gallery focusing on veterans who are carers At Argyle Medical Centre, Pembroke Dock</p>	<p>Free hot drink & cake for Carers at Workways cafes - The Meads Leisure Centre, Milford Haven; Café No.5, Haverfordwest and Edie's tearoom, Scolton Manor – when Carers or</p>	<p>Free hot drink & cake for Carers at Workways+ cafes - The Meads Leisure Centre, Milford Haven; Café No.5, Haverfordwest and Edie's tearoom, Scolton Manor – when Carers or</p>

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Young Carers present their Carers card	Young Carers present their Carers card	For more info contact 01646 685688.	Young Carers present their Carers card	Young Carers present their Carers card
Carers Quiz VC Gallery Pembroke Dock 12.30pm For more info contact 01646 685688.	Information stand for Carers and meet Carer Lead Victoria Jones VC Gallery Pembroke Dock For more info contact 01646 685688.	Carers Pampering event with Tea Dewi and The Camomile Club St David's Rugby Clwb 12noon-4pm Free parking and free buffet lunch To reserve your place for lunch contact Gill 01348 831434.	Information stand for Carers and meet Carer Lead Victoria Jones VC Gallery Pembroke Dock For more info contact 01646 685688.	Poppins Carers Group for people living with dementia and their Carers with Cherry Evans from PAVS. Art workshop too! VC Gallery Pembroke Dock For more info contact 01646 685688 cherry.evans@pavs.org.uk
		Free hot drink & cake for Carers at Workways+ cafes The Meads Leisure Centre, Milford Haven; Café No.5, Haverfordwest and Edie's tearoom, Scolton Manor – when Carers or Young Carers present their Carers card.	Carers Information stand in the foyer of Withybush General Hospital Haverfordwest with PCISS and partners 9am - 5pm	
		Meet the Pembrokeshire Community		

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		<p>Hub/PAVS Community Connectors Castle Square, Haverfordwest. Contact enquiries@pembrokeshirecommunityhub.org Tel. 01437 723660.</p>		
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There are also activities happening across Ceredigion and Carmarthenshire for carers who live near county borders. More information can be found on the Carers Support West Wales website www.carerssupportwestwales.org or by contacting

Carmarthenshire Carers Information Service – Tel: 01792 816600 or email carersincarms@adferiad.org

Ceredigion Carers Information Service – Tel: 01970 633564 – Email: carersunit@ceredigion.gov.uk or visit website www.ceredigion.gov.uk/carers



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